



	Monday	Tuesday	Wednesday	Thursday	Friday
9-13 MAY WEEK 1	Noodle soup Salad with chickpeas, red pepper, cucumber and tomato Chicken burger with potatoes Beet burger with potatoes	Vegetable soup Cabbage salad with pineapple, turkey and carrot Pork loin with carrot sauce and couscous Vegetable and bean stew	Courgette and broccoli cream Salad with pear, toasted corn and cheese Elbow pasta with beef bolognese Elbow pasta with vegetables Fruit & quark	Watercress soup with beans Seasoned tomatoes Chicken teriyaki with rice Stuffed peppers	Pumpkin cream Salad with tangerine, red onion, carrot and cucumber Breaded stoker with boiled potatoes and homemade tomato sauce Chickpea stew
	Cal. 708 Prot. 35.4 HC.88.55 Lip. 23.6 Fibra. 9.5	Cal. 684.31 Prot. 34.22 HC. 85.54 Lip. 22.81 Fibra. 11.36	Cal. 764.14 Prot. 31.31 HC. 93.27 Lip. 24.87 Fibra. 12.67	Cal. 861 Prot. 43 HC. 107.63 Lip. 28.7 Fibra. 15.66	Cal. 751.66 Prot. 37.6 HC. 93.96 Lip. 25.06 Fibra. 11.08
16-20 MAY WEEK 2	Beef soup Salad with beet, green sprouts, sweetcorn and seeds Baked chicken with caramelised onion and couscous Lentil stew	Carrot and leek cream Roasted Piquillo peppers salad with tuna Potato Tortilla Vegan Tortilla	Vegetable cream Salad with tomato, sweetcorn, asparagus and green pepper Chicken bolognese macaroni Vegetable macaroni Fruit & quark	Swiss chard soup with beans Salad with watercress, soft cheese and tomato Riojana style stoker with rice Stuffed courgettes	Lentil soup Bean vinaigrette Marinated loin with potatoes and homemade tomato sauce Spinach meatballs with potatoes
	Cal. 902.93 Prot. 45.15 HC.112.87 Lip. 30.1 Fibra. 11.44	Cal. 643 Prot. 32.15 HC. 80.38 Lip. 21.43 Fibra. 9.33	Cal. 686.62 Prot. 34.33 HC. 85.83 Lip. 22.89 Fibra. 13.35	Cal. 841.85 Prot. 42.09 HC. 105.23 Lip. 28.06 Fibra. 22.99	Cal. 833.43 Prot. 41.67 HC. 104.18 Lip. 41.67 Fibra. 16.88
23-27 MAY WEEK 3	Vegetable soup with rice Cabbage salad with carrot and apple Pasta spirals with tuna Pasta spirals with vegetables	Vegetable soup with chickpeas Red cabbage salad with turkey, apple and raisins Turkey stew with vegetables and rice Beans with curry and rice	Broccoli cream Salad with bacon, sweetcorn, cheese and croutons Breaded stoker with boiled potatoes and mojo Ratatouille with beans Fruit & quark	Corn broth Lentil vinaigrette Beef and vegetable paella Vegetable paella	DIA DE CANARIAS Rancho canario Salad with watercress, onion, tomato, cucumber, red pepper, olives and tuna Pella de gofio, papas arrugadas with mojo and marinated pork Vegetable Ropa Vieja with papas arrugadas and mojo Polvito uruguayo
	Cal. 695.4 Prot. 34.77 HC. 86.93 Lip. 23.18 Fibra. 8.68	Cal. 813.32 Prot. 40.48 HC.101.19 Lip. 26-98 Fibra. 8.41	Cal.846.07 Prot.42.3 HC.105.76 Lip. 28.20 Fibra. 9.17	Cal. 729.45 Prot. 36.47 HC.91.18 Lip. 21.78 Fibra. 11.44	Cal. 828.07 Prot. 41.4 HC.103.51 Lip. 27.6 Fibra. 4.81
30 MAY-3 JUNE WEEK 4	SCHOOL HOLIDAY	Chicken soup Salad with peach, sweetcorn, red onion and seeds Hake fritters with boiled potatoes and mojo Beet burger with boiled potatoes and mojo	Cauliflower cream Rocket salad with soft cheese, green sprouts, tangerine and seeds Rice with chicken sausages, omelette and homemade tomato sauce Rice with black beans Fruit & quark	Watercress soup with beans Salad with chickpeas, red pepper, boiled egg and beet Pork loin with curry and couscous Stuffed courgettes	Vegetable cream Seasoned tomatoes Chicken with apple sauce and garlic elbow pasta Falafel with elbow pasta
		Cal.745.09 Prot. 37.25 HC. 93.14 Lip. 24.84 Fibra. 9.12	Cal. 745.09 Prot. 37.25 HC. 93.14 Lip. 24.84 Fibra 9.12	Cal. 860.99 Prot. 43.05 HC. 107.62 Lip. 28.70 Fibra. 18.74	Cal. 789.61 Prot. 39.93 HC. 99.83 Lip. 26.62 Fibra. 12.61

ALLERGEN LIST

WEEK 3

23rd MAY – 27th JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
23	Vegetable soup with rice														
23	Cabbage salad with carrot and apple			X											
23	Pasta spirals with tuna	X			X										
23	Pasta spirals with vegetables	X													
24	Vegetable soup with chickpeas														
24	Red cabbage salad with turkey, apple and raisins														
24	Turkey stew with vegetables and rice														
24	Beans with curry and rice														
25	Broccoli cream							X							
25	Salad with bacon, sweetcorn, cheese and croutons	X						X							
25	Breaded stoker with boiled potatoes and mojo	X			X										
25	Ratatouille with beans														
26	Corn broth			X											
26	Lentil vinaigrette														
26	Beef and vegetable paella														
26	Vegetable paella														
27	Rancho canario	X													
27	Salad with watercress, onion, tomato, cucumber, red pepper, olives and tuna				X										
27	Pella de gofio, papas arrugadas with mojo and marinated pork														
27	Vegetable Ropa Vieja with papas arrugadas and mojo														
27	Polvito uruguayo	X						X							

- ***Vegetarian option in green**

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and vegetables. All made with seasonal and local vegetables.
- All our sauces are homemade and elaborated with fresh vegetables.
- We offer whole wheat bread, seasonal fruit and a dairy product once a week.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to **La Ley de Seguridad Alimentaria y Nutrición**, established 5th July 2011.

Nutritional needs and calories supervised by:

Cristina Belver
Diplomada en Dietética y Nutrición

